

Empowered by the Spirit: The Gift of Confirmation

Exploring Confirmation Together

5. The Gift of the Eucharist & the Gift of Prayer

In this session we will be combining some of the material from Preparation Session 9 and from Preparation Session 10 to make one session. We will omit most of the material from Session 10.

You will need the 2 leaflets: Preparation Session 9 (The Gift of the Eucharist) and Preparation Session 10 (The Gift of Prayer). We will cover some of the material from both leaflets. **Please do read through the rest of the material if you have time.**

You will also need to have the 2 cards for these sessions ready to take away to read and place on your Prayer Place when we have finished looking through the leaflets. The cards are *Exposition and Benediction* and *Prayer to Our Guardian Angel*.

Open the leaflet for Session 9. Remove the Activity Sheet and place it to one side.

Begin to read through the leaflet.

Let us pray

- Make the Sign of the Cross
- Pray the opening prayer (***Come Holy Spirit***) together

Read:

1. The **passage from the Bible** together (from St Paul's first letter to the Corinthians).
PAUSE to reflect for a few moments after you have read the passage and talk together about any words or phrases which have stood out for you.
2. What **YOUCAT says**.
3. What it says in the outline of the lemon about **Faithfulness**.
4. The three paragraphs at the top of page 3 under the heading **Giving thanks for what God has given us**.

At this point, take up the **Activity Sheet Session 9** (with the word search about the Eucharist on it).

- **Read** what it says on the sheet
- **Complete** the word search (finding words about the Eucharist)

Once you have completed the activity, place the Activity Sheet back in the leaflet to store it there. Turn back to the leaflet and look at the *Talk Together* section at the bottom of the left-hand column on p.3.

Talk Together

Focus on one of these two questions only (questions 1 and 3):

- What do you remember about your First Holy Communion?
- Why is the Mass important in our lives as Catholics?

Talk with one another about your answers to the question you have chosen to answer.

Picture

Take a little time now to look closely at the picture on the front cover of the leaflet. As you look, think about these questions:

- What do you notice when you look at the picture?
- What does the picture make you feel or think about?
- What do you think this picture shows us about how we should celebrate the Eucharist?

After 1-2 minutes of quiet looking, share with one another what you have been thinking about.

Read what the leaflet says about:

1. **Prayer** (on *Adoration* at the end of page 3)
2. **St Margaret Clitherow** (over the page on page 4)

Talk together about the 2nd bullet point (**OMIT the 1st bullet point**)

- **Many Christians throughout the world are still persecuted for their faith in Jesus. How can we draw inspiration from them? How can we stand up for our faith?**

Things to do at home

Read:

- Number 1 (about the saints)
- Number 3 (about Adoration)

Before we end the session, look very briefly at the leaflet for Preparation Session 10.

Preparation Session 10 Leaflet

Read what it says on:

- Page 2 in the outline of the apple about **Modesty, Self-control & Chastity**
- Page 3 about **Prayer** (on *Prayers of Intercession*)

Look at the 2 cards which you have been given (*Exposition and Benediction* and *Prayer to Our Guardian Angel*).

After the session, read through *Exposition and Benediction* card. Read the *Prayer to Our Guardian Angel* card too and try to learn the prayer off by heart. Keep the cards in your Prayer Place and read them regularly.

Pray together the *Prayer to Our Guardian Angel* prayer, to end the session and your time together.

Angel of God, my guardian dear,
To whom God's love commits me here,
Ever this day be at my side
To light and guard, to rule and guide
Amen.

Stick the 'Faithfulness' and 'Modesty' stickers onto your Sticker Chart to show that you have completed this fifth session.